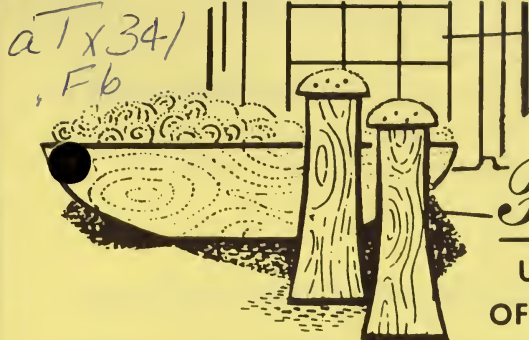


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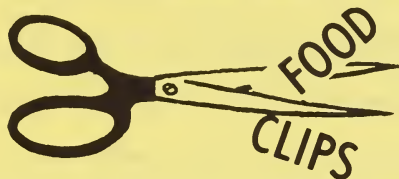
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Food and Home Notes

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In This Issue:

- 1 - Nitrogen and green apples
- 2)
- 3) Blind Homemakers (feature)
- 4) -- Aided by Extension

Chilled, raw poultry may be held for one or two days in the coldest part of the refrigerator. But, it should be unwrapped, placed on a platter or tray, covered with wax paper, and refrigerated.

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Excessive shrinkage is a sign of overdone poultry; only a small amount of shrinkage is expected in well-cooked meat.

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The approximate cooking time for poultry will be increased if the legs of the bird are bound throughout the cooking period. The temperature of poultry is lower than refrigerator temperature just prior to roasting.

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Lamb, liver and kidneys are especially good sources of the B vitamins. Lamb, meat from young sheep usually less than a year old, is marketed fresh--some, however, is sold as frozen products and some as canned products.

* * *

Broil frozen lamb at a low temperature to prevent surface from charring before the interior thaws. Increase the cooking time suggests USDA home economists.

"LITTLE GREEN APPLES"

--and who done it!

Excessive nitrogen fertilizer did it --if you're wondering why some apples are green or a mixture of green and yellow. Recent studies by plant pathologists of the U.S. Department of Agriculture's Agricultural Research Service discovered that high amounts of nitrogen fertilizer causes an excess of chlorophyll in the apples. Also, heavy foliage growth shades the apples in the lower zones of the tree and prevents proper coloring and maturing. The search for a more uniform way of obtaining consistent light yellow color in Golden Delicious apples led to this discovery.

Green fruit is lower in quality, losing its firmness in storage faster than the light yellow apples. And--the green color even detracts from consumer appeal. Even if only part green, it detracts--so say the researchers.

Leaf color, the researchers found, provides a clue to the nitrogen fertilizer level. Dark green leaves are associated with too much nitrogen and light green leaves with a more desirable nitrogen level. Nearly 90 percent of the apples produced by trees with light green leaves are yellow in color.



Volunteers work with blind homemakers in Arizona. The resource aides learn what it's like to be without sight and to try to prepare a meal.



ARIZONA VOLUNTEERS

- - -And Blind Homemakers

By Betty Fleming, Extension Service

Ever wondered what it's like to be blind? How would you boil water safely, remove foods from a hot pan, carve meat? What would it be like to eat a meal when you can't see?

Volunteers enrolled in a unique course in Arizona have learned what it's like to be blind. Their training was provided through the efforts of the University of Arizona Extension Service and the Arizona Department of Economic Security Section on Rehabilitation for the Blind and Visually Impaired.

Now known as resource aides, the 16 graduates of this new training program specialize in teaching food preparation skills and cosmetology practices. They help blind homemakers learn how to measure hot and cold liquids, cut and slice foods, use range tops and other appliances, and perform other tasks. The aides learned how to apply makeup so that they could help blind homemakers apply it. "This has proven to be a great morale booster, especially for older women," says one aide.

Arrangements worked out through the American Foundation for the Blind provided expert trainees. Every trainee practiced skills both as a blind learner and as a teacher.

In addition to learning skills, the resource aides were taught about the causes of blindness, attitudes toward blindness, and what services are available to the blind. An important part of their job is to refer blind people to rehabilitation services and introduce socially-isolated blind people to sighted groups. Extension homemaker clubs, for example, are now helping blind homemakers become involved in educational programs.

Sometimes resource aides succeed where others fail. A professional rehabilitation worker had failed to convince a Mexican-American husband that it was safe to train his blind wife to do housekeeping chores. As a result, the homemaker spent her life as an invalid. A Mexican-American resource aide was able to persuade the husband to let his wife be trained so that she could lead a more active, independent life.

The problems of communicating a sincere desire to help the blind homemakers are many. In this case, the husband was fearful for the safety of his sightless wife when they were approached with the idea of teaching her to cook, or to resume her normal household activities. The resource aide--a Mexican American--was a part of their own culture, so they were able to identify with her. She was a non-professional so she related to them, and their problems, in a relationship not unlike a family member. She was accepted by them on this basis, thus, was able to reach and help them.

More than 15 resource aides--all volunteers--have participated in training sessions and ultimately field work to help the blind homemakers in Arizona. The aides range in age from very young volunteers to several who are well into their seventies. Many of the volunteers are bi-lingual.

Arizona Extension staff are encouraging the newly-trained resource aides to train others to help them do their job. Now, six of Arizona's 14 counties have at least one resource aide. As efforts continue, it is hoped that all counties will have resource aides helping the blind to lead more active, satisfying lives.

NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535A, Office of Communication/Press Division, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.
